

SCHOOL'S OUT PARENT HANDBOOK

Calvert Summer Day Camp 2016 Insert

Welcome! We are so happy your family is sharing its summer with us at Calvert Recreation Center. We work hard to make sure each and every family has the best possible experience with us. If at any time you have questions, comments, concerns, or suggestions, please do not hesitate to speak with us in person or contact our office at 402-441-8480.

ABOUT OUR SUMMER DAY CAMPS

This summer we will offer an array of recreational activities to support positive youth development and promote an active, healthy lifestyle. We believe Calvert Day Camp is a perfect setting for learning the healthy balance of staying active while making smart food choices to help our bodies grow and develop in healthy ways through fun recreation activities. Activities include physical education, active play, archery, tennis, swimming, yoga, and gardening (in addition to other camp standards such as arts and crafts, music, reading, and more).

DAYS AND HOURS OF OPERATION

Calvert Day Camp operates Monday-Friday from 7:00 a.m. to 6:00 p.m. May 23—August 12. There will be no program May 30 or July 4.

EMAIL NEWSLETTERS

Watch your inbox for our weekly email newsletter scheduled to be published every Friday for the following week. Newsletters will include weekly schedules, activity spotlights, important reminders, and news about special events. We will also use email to communicate important health notices. Please let us know if you experience problems receiving our email newsletter.

WEEKLY SCHEDULES

Schedules are published weekly on our web page at parks.lincoln.ne.gov/calvert and are also accessible through our weekly email newsletter for parents. Hardcopies are printed and available at the front counter every Friday for the following week. Any and all posted times are always approximate. Please understand schedules occasionally change, so also watch for email updates and other information posted at the center.

*FUN*damental
healthy me

A focused program where youth grow

4500 Stockwell (68506) | 402-441-8480 | parks.lincoln.ne.gov/calvert

This pamphlet supplements our School's Out Parent Handbook with additional information specific to Calvert Day Camp.



MEALS AND SNACKS

Calvert Day Camp partners with the Lincoln Lancaster County Health Department to offer free breakfast and lunch through the Summer Food Service Program. Food service will be available every day camp is in session this summer.

Breakfast is served from 7:45-8:15 a.m., and we cannot serve after 8:15 a.m., so please plan accordingly. Campers may choose to bring their

own breakfast and/or lunch that is permanently labeled with their first and last name. Meals from home should be stored in insulated containers with self contained cold packs. *The center does not provide meal refrigeration or microwave use.* We also schedule and provide two snacks per day that meet USDA nutrition guidelines.

VENDING MACHINE USE

Calvert campers are discouraged from bringing money to day camp; however, some families do choose to use vending machines to supplement meals from home. Vending machines are placed in the rec. center under a citywide contract and are neither owned nor operated by the center. While we have worked with the vendor in recent years to improve access to healthier vending options, our campers who bring money from home still face important real-world choices.

Each of our camps has a significant nutrition education component, we provide two nutritious snacks per day, and it is important to us that vending use also be in line with our FUNdamental Healthy Me program goals.

The following are Calvert Rec. Center's guidelines for vending use by campers:

- Permission to use vending machines is implied when campers bring money from home.
- We allow purchases from vending machines during scheduled lunch times, afternoon choice time, and at the end of the program day (after 4 p.m.). Only parents are allowed to make purchases for campers at any other time.
- Campers are encouraged to choose labeled "fit pick" items when they purchase snacks from vending machines.
- Campers are not allowed to use the vending machines at swimming pools during swimming outings.
- Staff document excessive snack purchases and follow up with parents.

HOT WEATHER PROCEDURES

Outdoor recreation activities are an important part of Calvert Day Camp and campers will go outside when it is hot. Our staff exercises caution when facilitating outdoor activities on hot summer days and focuses on the prevention of heat-related illness by:

Calvert FUNdamental Healthy Me Summer Day Camp 2016

- teaching children to always drink plenty of fluids before and during any activity in hot, sunny weather—even if they aren't thirsty (everyone is encouraged to bring a water bottle permanently labeled with their name),
- avoiding heavy activity outdoors during the hottest hours of the day,
- teaching children to notify adults whenever they feel overheated, and
- insisting upon the use of sunscreen.

Many of our staff have also completed American Red Cross (or equivalent) First Aid training that includes preventing, recognizing, and properly responding to heat-related illness.

We know that high temperatures, combined with extremely high relative humidity levels, can make work and play outside dangerous for children and staff. Therefore, we substitute scheduled outdoor activities (except swimming) with indoor alternatives when the National Weather Service issues a Heat Advisory or Excessive Heat Warning.

SWIM AND FIELD TRIP DAYS

Swimming and field trips will be on the same days of the week for the entire summer unless otherwise noted. Field trip times vary, so please check the schedule and plan drop-off and pick-up accordingly. Note: Times published are approximate and are subject to change. Campers need to wear their camp t-shirt on field trip days. If you are planning to arrive after 9:00 a.m. or pick up before 4:00 p.m., please call the center in case special arrangements need to be made. Swim times will be from 11:30 a.m.-1:00 p.m. Campers should wear suits beneath clothing on swim days. All campers need to bring a towel and sunscreen. Booster seats will be provided for campers who are younger than six years old.

SUN SAFETY

Please bring sunscreen and a water bottle from home that are each permanently labeled with your camper's first and last name. The American Academy of Pediatrics recommends a "broad-spectrum" sunscreen with a SPF (sun protection factor) of at least 15. A hat or cap with front facing brim is also suggested.

COLD/RAINY WEATHER SWIMMING GUIDELINES

Calvert Day Camp will swim as scheduled except when:

- the outside temperature is 69°F or cooler at 11:00 a.m.;
- thunder and/or lightning are present; and/or,
- there is steady rain at 11:00 a.m.

Forecasted rain, intermittent light rain, or drizzle will not alone cause a swimming outing to be cancelled. Please always send swimming gear on scheduled swimming days!

CAMPERS WHO WALK OR BIKE HOME FROM CAMP

Campers who walk to and from camp will require special written permission to leave the premises without an escort. This form can be requested at the rec. center office.

SCREEN TIME

Health experts recommend children and families limit their "screen time" to fewer than 2 hours per day. Calvert Day Camp is a TV-free zone. Computer and educational video use are limited to enrichment programming only for purposes that support specific program goals.

WIRELESS INTERNET

Calvert Recreation Center offers wireless Internet as a service to the public. Wireless Internet is filtered and use is not monitored. Campers are asked not to bring personal handheld electronic devices (e.g., cell phones, tablets, e-readers, etc.), but if they do, parent/guardian permission to access the Internet is implied.

THINGS TO BRING TO CAMP

Campers need tennis shoes and sunscreen every day. Water bottles are recommended. Items from home should be permanently labeled with your camper's name.

THINGS TO LEAVE AT HOME

Please do not bring cell phones, tablets, or other electronic devices, toys (including trading cards), or any valuable/sentimental items from home. We are not responsible for lost, stolen, or broken items.

LOST AND FOUND

Please check the Day Camp lost and found located inside the lobby entrance next to the vending machines. Items remaining at closing time each Friday will be placed in storage. Any items left unclaimed at the end of the summer will be donated to a local charity.

CONNECT WITH US

